

Recommended hand hygiene steps to prevent the spread of coronavirus

Follow these simple steps:



Symptoms

- A cough
- Shortness of breath
- Breathing difficulties
- Fever (high temperature)

Advice for people who think they may have coronavirus

1. Do not go to a GP surgery, pharmacy or hospital.
2. Contact the HSE on 1850 24 1850 for further guidance.
- Note the 112 and 999 numbers are for emergencies only
3. You may be asked to self-isolate.
4. Your details may be passed to local health protection teams.
5. You may then be tested for the virus.
6. A doctor or nurse will give you advice on what to do next.

For further support and information, contact our advice line on:

1890 253 104